



Meeting Your Needs. At Home. At Sea.



January

2005

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Anger Management (12 of 14) 2-3 p.m.	6 Playgroup @ Youth Center 10-11:30 a.m.	7
10 Marketing Yourself for a Second Career 9 a.m.-Noon	11 Smooth Move 9 a.m.-4 p.m. Amazing Newborns 10 a.m.-Noon Ombudsman Assembly Meeting 7-9 p.m.	12 Identity Theft 11:30 a.m.-12:30 p.m. Anger Management (13 of 14) 2-3 p.m.	13 VA Rep 8- 11:30 a.m. College Savings Plans of MD 11:30 a.m.-12:30 p.m. Playgroup @ YC 10-11:30 a.m.	14
TRANSITION ASSISTANCE PROGRAM (TAP) Jan.10-13 from 8 a.m.-4 p.m.				
17	18 Developing Your Spending Plan 11:30 a.m.-12:30 p.m.	19 Welcome to Pax 9 a.m.-Noon Anger Management (14 of 14) 2-3 p.m.	20 Thrift Savings Plan Brief (TSP) 9-10 a.m. Playgroup @ YC 10-11:30 a.m.	21 Employer Showcase BETAH Associates Inc. (BETAH) 11:30 a.m.- 12:30 p.m.
24 VA Rep 8 a.m.-3 p.m.	25 Sponsor Training 9-10 a.m.	26 Home Selling Seminar 9 a.m.-Noon Budgeting for Baby 10 a.m.-noon	27 Playgroup @ YC 10-11:30 a.m.	28
31				

Reservations are Necessary! (301) 342-4911
THE FFSC IS ALWAYS LOOKING FOR A FEW GOOD VOLUNTEERS.
If interested please give us a call.

RELOCATION PROGRAMS

Smooth Move- Home or Abroad

Jan 11, 9 a.m.- 4 p.m. *Note: This workshop is only offered quarterly

This class is designed for those moving anywhere within the U.S. or overseas. Learn from the experts about travel and pay, household goods shipments, stress management, budgeting for your move, housing concerns, moving with kids, cultural adaptation, plus specific overseas information.

Welcome to Pax

Jan 19, 9 a.m.- noon

A class jam-packed with information about the base and surrounding communities is offered the 3rd Wednesday of every month. Included in the program is a behind-the-scenes tour of NAS, terrific hand-outs, and loads of useful information about what to do and where to go while living in Southern Maryland. Along with this, information on area history, inhabitants and folklore will be provided.

Sponsor Training

Jan 25, 9- 10 a.m.

Be the right person in the right place. Help new service members get acquainted with the area, help your command by providing a "ready" service member, and help yourself to a rewarding experience.

Home Selling Seminar

Jan 26, 9 a.m.- noon

Are you getting ready to sell your house? Learn from the experts! Tried and true success techniques will be shared from pricing and preparing your home to working with an agent or selling on your own.

FINANCIAL MANAGEMENT PROGRAMS

Identity Theft

Jan 12, 11:30-12:30

What is identity theft? How does someone steal your identity? Is it important, should I care? In calendar year 2003, the Consumer Sentinel (the complaint database developed and maintained by the Federal Trade Commission) received over half a million consumer fraud and identity theft complaints. You could be a victim and not even know it. Identity theft could devastate a family financially. Learn the facts from someone who has lived through the ordeal. Facilitator is CDR. F. Mellott. Bring your lunch and educate yourself!

College Savings Plans of MD

Jan 13, 11:30 a.m.- 12:30 p.m.

For parents and grandparents. How are you going to pay for your children's / grandchildren's college education? The cost of a college education is constantly on the rise. The College Savings Plans of MD, now offers more options than ever to help make it easier than ever to save money for college. The MD Prepaid College Trust allows you to lock in tomorrow's tuition at today's cost. Bring your lunch and learn "HOW TO" pay for your children's college.

Developing Your Spending Plan

Jan 18, 11:30 a.m.- 12:30 p.m.

The purpose of this workshop is to learn the skills necessary to develop a financial plan based on goals, needs and desires.

Thrift Savings Plan Brief (TSP)

Jan 20, 9- 10 a.m.

Uniformed services personnel are now eligible to join the Thrift Savings Plan (TSP). Enhance your retirement and save money at the same time. Come in and learn the many advantages of participating in

OMBUDSMAN PROGRAM

Ombudsman Assembly Meeting

Jan 11, 7- 9 p.m.

The Ombudsman is a volunteer who has already been to the "Basic Ombudsman Training." This monthly meeting includes recommended training, networking, and positive problem solving.

BENEFITS AND ENTITLEMENT PROGRAMS

VA Representative

Jan 13, 8- 11:30 a.m.

Jan 24, 8 a.m.- 3 p.m.

The Veterans' Affairs Benefits Counselor will answer questions concerning benefits and services. *Open to all veterans, by appointment only.* Please call 301-342-4911 to schedule an appointment.

PROGRAMS FOR PARENTS & CAREGIVERS

Playgroup @ Youth Center

Jan 6, 13, 20 & 27 from 10- 11:30 a.m.

Moms, dads, and caregivers are invited to bring their children for playtime at Youth Center.

Amazing Newborns

Jan 11, 10 a.m.- noon

Learn infant care from hospital to home. Practice bathing, changing, and dressing your baby. Discuss feeding, health care, and safety issues. Participants will receive a complimentary videotape, "The First Years Last Forever" and audiotape, "Heartbeat Lullabies."

Budgeting for Baby

Jan 26, 10 a.m.- noon

The Navy Marine Corps Relief Society (NMCRS) will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.

PERSONAL GROWTH PROGRAMS

Anger Management Sessions 12, 13 & 14 of 14)

Jan 5, 12 & 19 from 2-3 p.m.

Join this workshop if you would like a better understanding of anger and how to control it. The emphasis will be on recognizing sources of anger and modifying behavior.

CAREER DEVELOPMENT

Employer Showcase- BETAH Associates, Inc.

Jan 21, 11:30 a.m.- 12:30 p.m.

Job seekers please join us at the Fleet and Family Support Center for an Employer Showcase featuring BETAH Associates, Inc. BETAH is a technical, professional, and communications consulting firm specializing in management consulting, communications, event planning, and information technology.

Fleet and Family Support Center

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IDENTITY THEFT

According to the Federal Trade Commission's (FTC) annual report, which lists the top 10 fraud complaint categories reported by consumers, identity theft tops the list of consumer complaints. The number of fraud complaints jumped from 220,000 in 2001 to 380,000 in 2002, and the dollar loss consumers attributed to the fraud they reported grew from \$160 million in 2001 to \$343 million in 2002.

To learn more about **Identity Theft** and how to Protect yourself please attend the Fleet and Family Support Center's workshop on **January 12 from 11:30 a.m.– 12:30 p.m.**

Call the Center for more information!



- *All classes/seminars are held at the FFSC unless otherwise noted.*
- *Workshops and seminars* are open to active duty and retired military personnel and their family members. The facilitators are from professional organizations and are not permitted to solicit or promote their business.
- *Sexual Assault Victim Intervention (SAVI) Program Coordinator* is available for General Audience Training, Supervisor's Training, and Commander's Training.
- *General Military Training* - The FFSC will bring seminars and workshops to your command. Call the FFSC at 301-342-4911 for more information.